



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PERSONAL TRAINING IT'S NOT JUST FOR ADULTS

## Individual Training Packages on Sale Now

More and more personal trainers are beginning to work with kids for a variety of reasons including improving athletic performance, strength training, weight loss, and injury prevention.

Our nationally certified personal trainers have the knowledge and skills to help your child achieve their specific fitness goals.

<u>Hours</u>	<u>Cost</u>	<u>Savings</u>
6	\$240	\$120
10	\$400	\$200
12	\$480	\$240
15	\$600	\$300
20	\$800	\$400



**Hurry, this awesome deals ends October 15!**

\* Partner training and team training are not included.

For more information, contact YMCA Product Director of Fitness Centers and Personal Training Raschel Biagioli at (414)274-0807 or e-mail [rbiagioli@ymcamke.org](mailto:rbiagioli@ymcamke.org).

A minimum of 6 PT sessions must be purchased to receive the sale pricing. All sessions purchased at this sale price will expire on December 31, 2015. No refunds or credits will be given for unused sessions. Partner training not included. Rescheduling of any session requires a minimum 24-hour notice. Less than 24-hour notice or not showing at all will result in a (1) session charge or loss of (1) pre-purchased session.



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# GREATER FITNESS FEWER DOLLARS

## Individual Training Packages on Sale Now

Our nationally certified personal trainers have the knowledge and skills to help you reach your goals, whether you're trying to lose a few pounds, compete in a triathlon, or just get healthier. Your program will be tailored to your specific needs, wants and goals.

If you're new to personal training, this is the perfect time to try it. If you already work with a personal trainer, then use this special deal for more sessions and faster results.

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